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Effect of yogic exercises on stress level among on college students

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Abstract

Psychological benefits of yoga. We have done our best to research and discover so many wonderful benefits that this great practice has to offer. That is why we here at Yoga. Org.nz will continue to practice yoga for the rest of our long rewarding lives. We wish you all the great benefits that we experience on a day to day basis. Below is a table that is a quick overview of all the benefits that we could find. This section along with the rest of this website will continue to grow. In the rat race of life, most people are enveloped in highly demanding jobs that leave them mentally as well as physically exhausted. The more sedentary your professional life gets, the higher is your anxiety. So, how do you combat such stress? The answer is inculcating yoga in your day-to-day life. Various research studies have assessed the efficacy of yoga in improving one's mental health, and have concluded that yoga does have an array of psychological benefits. I improve your memory Do you find it difficult to concentrate. Proven to be effectual in boosting your memory and concentration, Dharana is an ideal way to clear your mind of all the excesses and calm your nerves. By silencing the static noise running through your mind, you equip yourself to focus better, remember important things, and therefore, perform bettering our life.

Keywords: Yogic exercises Stress level among on college students

Introduction

Consisting of activities such as relaxation, meditation, socialization, and exercise, yoga has been proven helpful in reducing your anxiety and stress. According to a Harvard University article, yoga is able to accomplish this by helping regulate a person's stress response system. With its ability to lower blood pressure and heart rate as well as improve respiration, yoga provides you with the means to deal with and resolve anxiety and stress without resorting to expensive medications. Adolescence is a stage in one's life when a variety of mental health problems are more likely to develop. With the many cases of psychological disorders diagnosed in teenagers, it has become imperative to find ways to prevent the onset of such mental health conditions.

Yoga, among others, has been seen as a helpful method that can be used to protect adolescents from mental illnesses. This is according to a study published in the Journal of Developmental and Behavioural Paediatrics. The said study had some of the subjects enrolled in Physical Education classes centred on Kripalu Yoga. This type of yoga involves physical postures, breathing, relaxation, and meditation. In comparison to the control group, the yogis displayed better moods, lower levels of anxiety and tension, better anger control, improved resilience, and enhanced mindfulness. These are just some of the many factors that are important in the prevention of psychological conditions in teenagers.

The more sedentary your professional life gets, the higher is your anxiety. So, how do you combat such stress? The answer is inculcating yoga in your day-to-day life. Various research studies have assessed the efficacy of yoga in improving one's mental health, and have concluded that yoga does have an array of psychological benefits. Improve your memory Do you find it difficult to concentrate. Proven to be effectual in boosting your memory and concentration, Dharana is an ideal way to clear your mind of all the excesses and calm your nerves. By silencing the static noise running through your mind, you equip yourself to focus better, remember important things, and therefore, perform better in your life.

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Methodology

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test selection of subjects: The purpose of the study was to find out "Effect of yogic exercises on stress level among on college students " To achieve this purpose 60 female students in the age group 16-19 years studying in Mahila P.G college for girls, Lucknow (U.P) were selected as subjects. Stress status scale: Stress status of the subjects the present study was estimated with the help of Stress status scale developed by Pallavi Bhatnagar manifest Stress scale. The response categories are true or false. The responses are scored with the help of manual.

Selection of Variables

Vakrasana, Padmasana, Vajrasana Paschimotnasana, Trikoasana, Tadasana, Vrikshasana, Garudasana Halasana Chakrasana, Naukasana, Shavasana. Shalabhasana, Dhanurasana, Makarasana, Bhujanagasana.

Analysis and Interpretation of Data

The purpose of the study was to find out "Effect of yogic exercises on stress level among college students". To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the table.

Table 1: Showing the Pre-test and Post-test for Stress level performance.

Group	Number	Mean	S.D	't' Value	Remark
E Experiment (Pre-test)	15	51.70	6.35		
E Experiment (Post-test)	15	63.70	6.30	4.823	S
C Control (Pre-test)	15	55.10	5.41	0.773	NS
C Control (Post-test)	15	52.46	4.64		

The level of significant is 0.05.

Table 1 Shows that the experimental group's mean performance value of Stress Level of pre-test is 51.70 and the post test is 63.70 the post-test Stress Level performance is less than pre-test Stress Level performance and also the t value is more than the table value. Hence it indicates significant development of Stress Level performance of pre and post-test values are 55.10 and 52.46 respectively. The t value is less than the table value. Hence the pre and post-test values indicate insignificant.

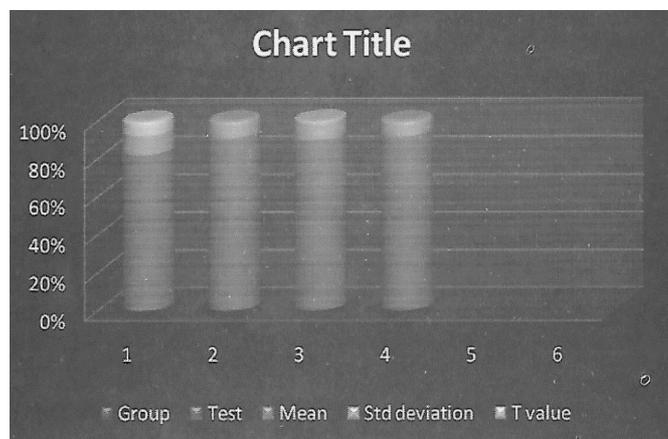


Fig 1: Showing the pre-test and post improved the Stress level performance of girls.

Summary

The purpose of this study was to find out the "Effect of yogic exercises on stress level among on students". To achieve this

purpose 6 weeks yoga asanas training was given to selected female subjects. To know the Effect of yoga asanas training on the Stress level training reduces Stress level performance.

Conclusion

The yoga asanas training reduces Stress level.

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